WHAT MUHAMMAD (PBUH) CAN OFFER THE WEST

By

Professor Dr. H. SOFRATA

All thanks and appreciation are due to

"The International Center For The Introduction And Support Of The Prophet Muhammad PBUH"

The center has been responsible for all support for this work to be carried out

First Edition

First edition 1431 H-2010 G

What Muhammad (PBUH) Can Offer The West

By

Professor Dr. H. SOFRATA

Table of contents

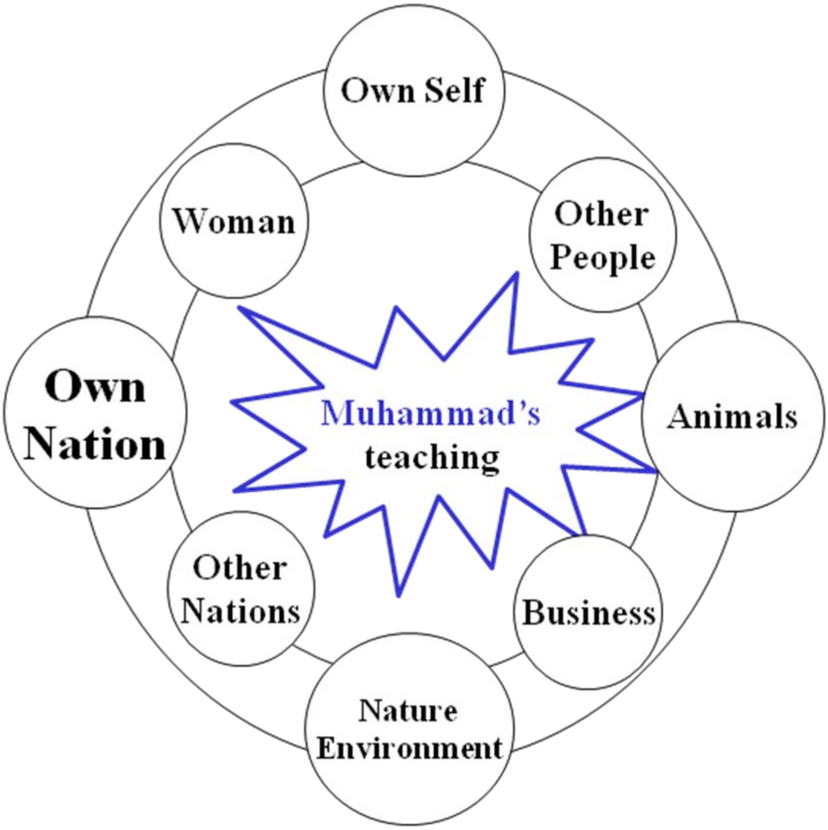
Abstract:

What Muhammad can offer other nations; West and East? In this book, we will try to highlight the main conceptual treatment of such very important question. Since Muhammad carried Islam to the worlds which is a way of life and ideology. Islam is a complete set of regulations, guidance, and advisors which are very well established and manifested. We will display the main aspects handled in the vision of Muhammad and Islam and consequently select the offers of Muhammad to others. Among such vision we will touch the following domains, **leave aside belief or faith at the moment**:

Own Self	Other People
Women	Own Nation
Other Nations	Nature and Environment
Business	Animals

On each of these domains, man can select some good tools to be utilized for and by any one. The same is applied for many selected Muhammad's teaching acts; this may contribute to western life. [1-3]

In comprehensive Annexes, all the acclaimed facts of Muhammad's teaching will be referenced to main sources of Islam. Quran and the Prophet authenticated sayings, and regulations are the main foundations of Muhammad's teaching. We will give the references as much as we can. In addition, graphical drawings have been displayed in order to clarify the ideas given in the text.



Total Picture

Introduction:

Muhammad's teaching is "An Integrated System"; it gives its full pledge when applied in full [4]. However, since it is the way selected, chosen and perfected by GOD almighty, we can pick up and get some guidance. Such guidance may give nice and positive glimpses for non-Muslims.

﴿ ٱلۡيَوۡمَ أَكۡمَلۡتُ لَكُمۡ دِينَكُمۡ وَأَتۡمَمۡتُ عَلَيۡكُمۡ نِعۡمَتِي وَرَضِيتُ لَكُمُ ٱلۡإِسۡلَٰمَ دِينٗا ﴾

(Verse No.3- Chapter No. 5 maeda) "This day, I have perfected your religion for you, completed My Favor upon you, and have chosen for you Islam as your religion. "

Muhammad's teaching contributes to life domains, which man can find some rules in each aspect, which may be useful, if applied everywhere and by any one.

Light may be shed about the rules and advice which will be given during the course of this study. However, Muhammad's teaching is full of such rules and advices and we cannot claim that we can talk about all of them. Only some of them will be mentioned in this book. It is to be stated clearly that this treatment has never been intended to ask some one to be converted, or change his beliefs.

Muhammad’s teaching Contribution In Different Domains:

1) Own Self

Muhammad’s teaching advises and considers a person as a property that he himself is responsible for. It is not his own property, and hence he has many obligations towards it.
(Verse No.29- Chapter No. 4 Nesa): Nor kill (or destroy) yourselves: for verily GOD hath been to you Most Merciful!)
He should maintain his body in the best shape he can afford. Healthcare as a main subject, we may find the following advice and instructions:

2) Eating:

1. Washing hands before and after eating,
2. Eat the best quality only [5] ,
3. Not to eat except when hungry,
4. Do not eat to your full capacity,
5. When one desires to eat to the fullest, the following should be considered, divide your stomach accordingly:
   5.1. One third for the food,
   5.2. One third for the drink (no wine or beer),
   5.3. One third for breathing – space is needed for lungs during inhaling.

6. While eating, it should be in small portions, the word used by the prophet PBUH ‘small bits’,
7. Eating honey and honeycomb as it is without any processing, is a way for healing, [6]
8. Fasting two days a week, from dawn until sunset. Fasting means no drinking, no eating, and no sexual intercourse. In addition, it is recommended to fast the three middle days of the moon month as advised by the prophet PBUH. This has been reported that in the full moon days, man is easily provoked into aggression. Also reported by the Florida police head quarters.
9. Fasting one month each year.

3) Health Care

Muhammad’s teaching gives a great deal of consideration to one's health care. It considers the body cleanliness as a part of the belief itself. The following are only a glimpse of actions requested:

1. Walking is advised rather than running [7],
2. Walking in the early morning between the first light at dawn and before sunrise is useful. As very recent reported, this period of time is the highest containing O_3 Ozone. Where, O_3 is the oxidizing agent, which can free the red blood cells from CO_1 carbon monoxide. The normal inhaling of oxygen cannot free the red blood cells from CO_1 .
3. At least five times a day washing and gymnastic exercises. This includes, prostrating, standing, bowing, setting on the ground, and repeating this at least four times in each exercise. See the pictures for details. [see attached photos]

Refreshing wash five times a day
Each action must be repeated three times



Washing hands up to the wrist
Rubbing between fingers



Rinsing and gargling
the mouth and
between teeth



Washing the nose



Washing face



Washing forearms
including the elbows



Wiping wet hands
over the head



running the thumbs around the
ears and wiping the inside



running the thumbs around the
ears and wiping the inside



running the thumbs around the ears and wiping the inside



Washing between toes



Washing between toes



Washing the feet including the ankles

Body exercise each cycle to be repeated
Three times
To carried out five times a day
Each cycle of 9 positions












5


5


6

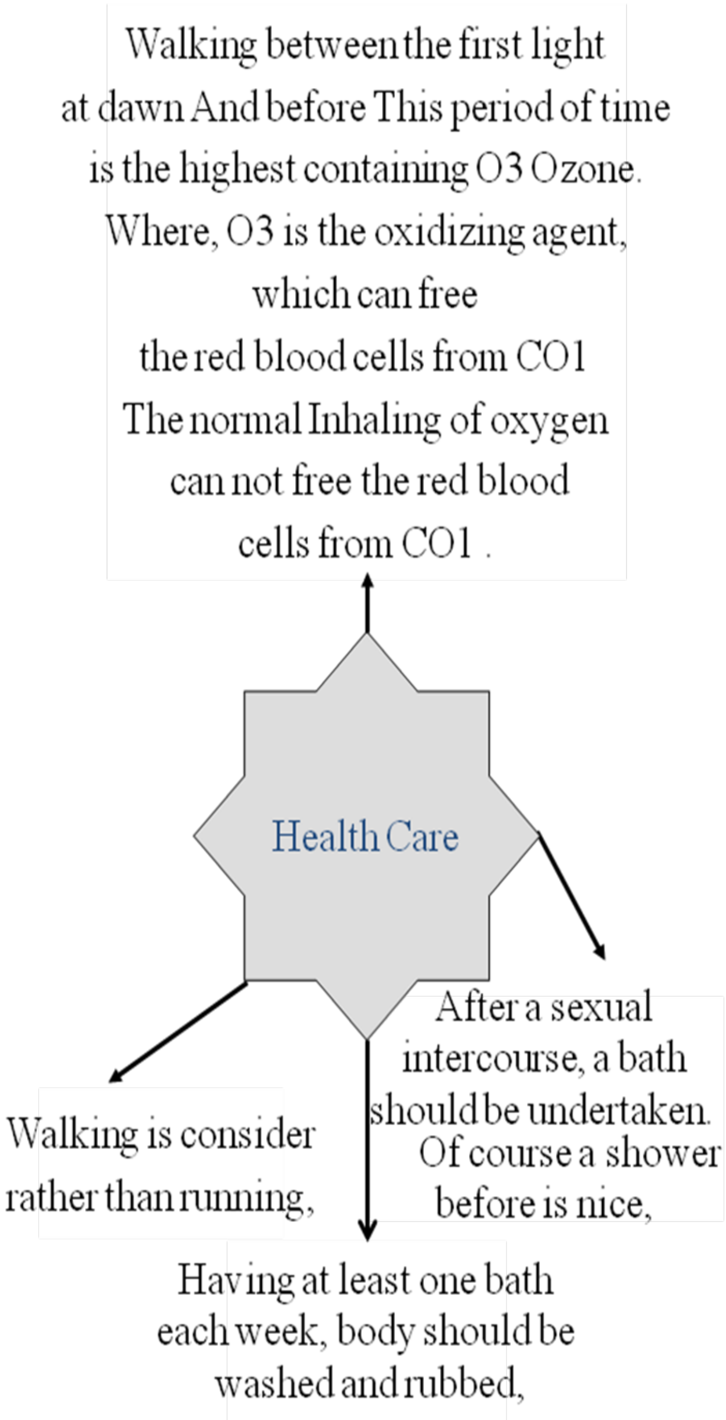

7


8


9

4. Having at least one bath each week; body should be washed and rubbed,
5. After a sexual intercourse, a bath should be undertaken. Of course a shower before is nice.
6. Nails should be cut frequently. However, not more than forty days apart,
7. Water wash is requested after urination and after stool,
8. Shaving the pubic hair and snipping armhole hair should be done frequently. However, not more than forty days apart.
9. One must wash hands, wash mouth and nose, face, forearm, hair, ears, and feet at least five times a day. Washing, rubbing, and massaging feet [8] and toes at least five times a day in order to have good blood circulation and prevent amputation, especially for elderly and diabetics.
10. Man foreskin must be removed; the best time is on the seventh day after birth, not before not after.
11. During daily activities, it is recommended to use right hand and fingers for eating, drinking, and the handling of clean objects. The left hand and fingers on the contrary from the right hand, may be used for unclean objects. This reduces the chances of self infection.
12. Not to drink straight from any jar with one's mouth, except with permission of the jar owner. Again this reduces the chances of infection.
13. To drink in three times successively, not all at once.
14. For oral hygiene, it is recommended to clean teeth using chewing stick, or any other brush, at least five

times a day. When coming back home, it is also recommended to brush teeth.



it is recommended to use right hand and fingers for eating, drinking, and handling of clean objects. The left hand and fingers may be used for not clean objects. This gives an easy Infection protection act.

Not to drink from a jar mouth, except With permission of the jar Owner. This gives an easy infection protection act.

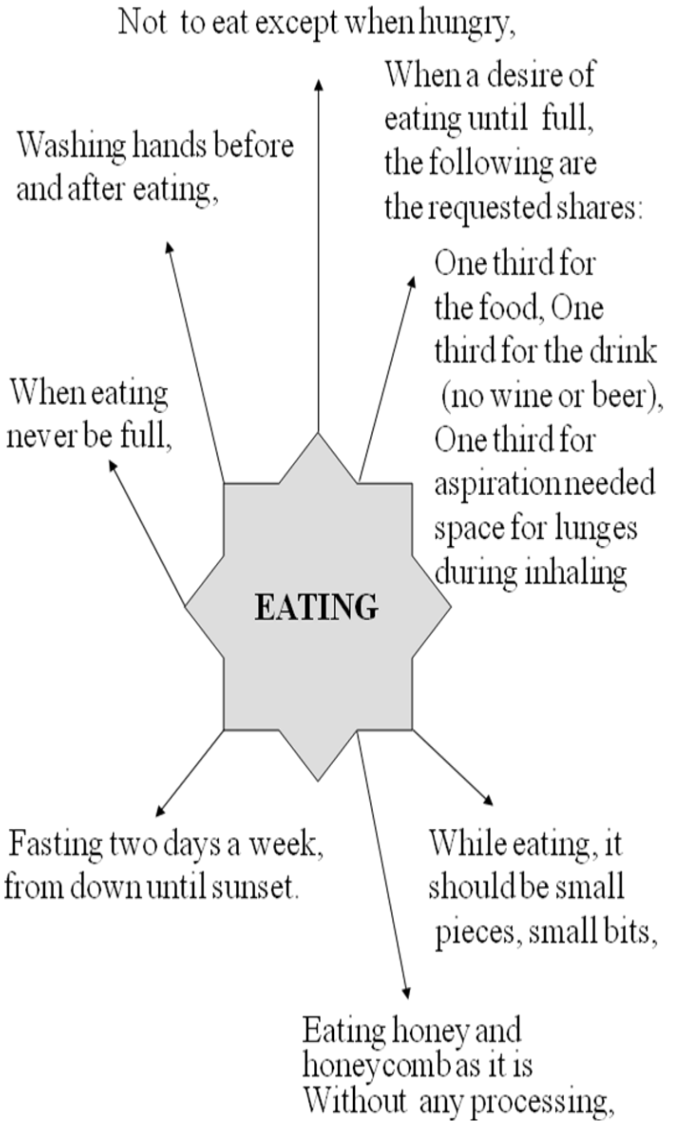


To drink, a three successive sips not all at once,

it is recommended to use right hand and fingers for eating, drinking, l handling of clean objects. he left hand and fingers may be used for not clean objects. This gives an easy nfection protection act.

Not to drink from a jar mouth, except With permission of the jar Owner. This gives an easy infection


Health Care
Nails should be cut frequently. However, not more than forty days apart,
Shaving the pubes hair and snippet armhole hair should be done frequently. However, not more than forty days apart,
Water wash is requested after urination and after stool
Washing hands, washing moth , face, forearm, hair, ears, and feet at least five times a day, feet toes and between them must be rubbed,
Man foreskin must be removed, the best time is on the seventh day after birth, not before not after,


Not to eat except when hungry,
When a desire of eating until full, the following are the requested shares:
Washing hands before and after eating,
One third for the food, One third for the drink (no wine or beer), One third for aspiration needed space for lunges during inhaling
When eating never be full,
EATING
Fasting two days a week, from down until sunset.
While eating, it should be small pieces, small bits,
Eating honey and honeycomb as it is Without any processing,

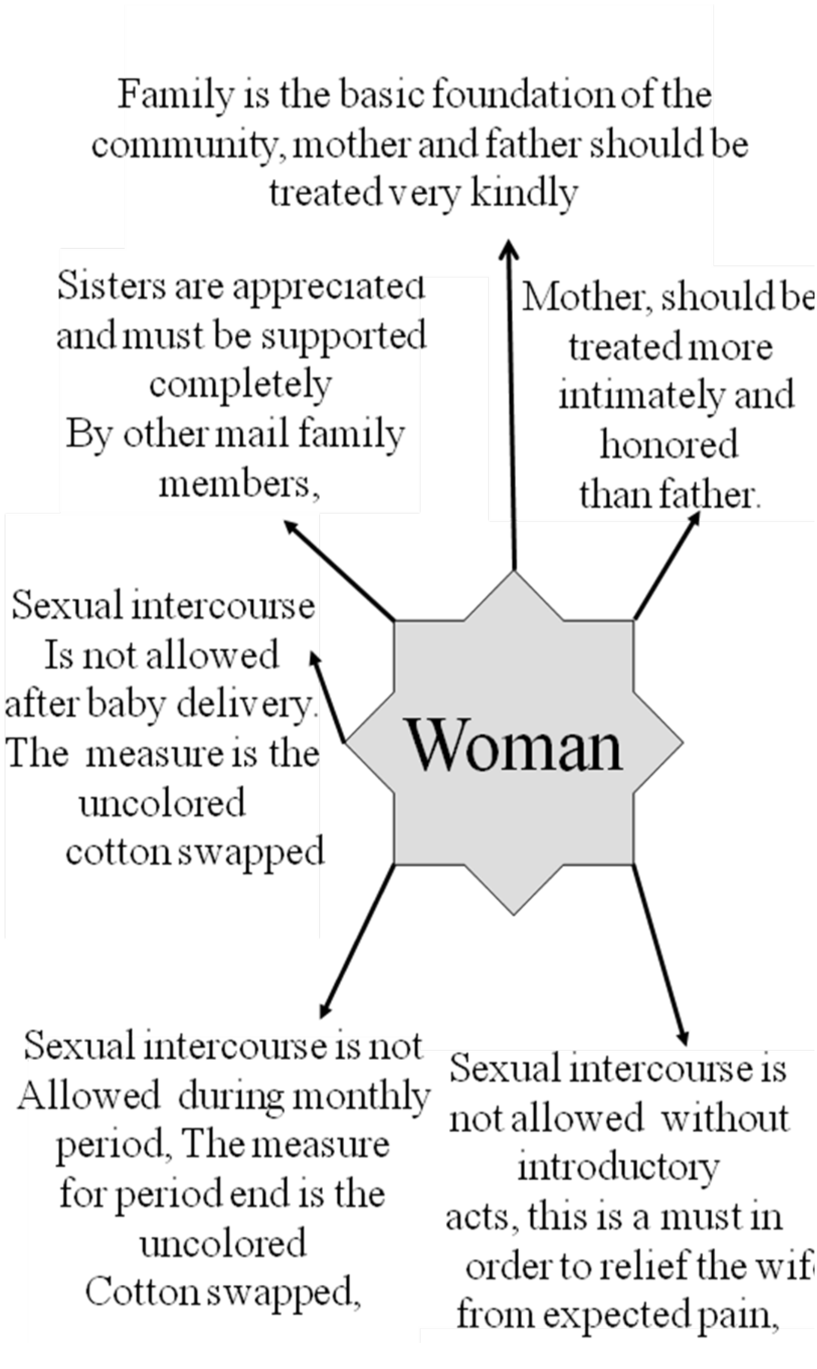
Others

4) Women

Women have a very special status in Muhammad's teaching. She is treated not as a pleasure commodity, but as the following:

1. Family is the basic foundation of the community, mother and father should be treated very kindly,
2. The mother should be treated more intimately than the father. She should be honored three times more than the father,
3. Sisters are appreciated and must be supported completely by her father, brothers, and other family members,
4. The wife is the main pillar of the family, the one who treats her better is the better among community members. Her high-class treatment is the measure of Excellency in the community. Muhammad's teaching considered the best among people are those who are the best to their wives; and said he himself is best in treating his wife.
5. Sexual intercourse is not allowed without introductory acts, this is a must in order to relieve the wife from expected pain.
6. Sexual intercourse is not allowed during her monthly period, since it will hurt both the woman and the man. The method for telling when the period has come to its end is the uncolored wipe of a cotton swab . This simple technique has been given by Muhammad's teachings,

7. Sexual intercourse is not allowed in the immediate weeks of the delivery of a baby. The method for telling when the pain and harm from a delivery has come to an end, is the uncolored wipe of a cotton swab.


Family is the basic foundation of the community, mother and father should be treated very kindly
Sisters are appreciated and must be supported completely By other mail family members,
Mother, should be treated more intimately and honored than father.
Sexual intercourse Is not allowed after baby delivery. The measure is the uncolored cotton swapped
Woman
Sexual intercourse is not Allowed during monthly period, The measure for period end is the uncolored Cotton swapped,
Sexual intercourse is not allowed without introductory acts, this is a must in order to relief the wif from expected pain,

5) Own Nation

Love of a man's own country is requested. One's country is the place where he grew up and where he has enjoyed being sheltered and provided for. His country must be treated as a first priority. Defending his country against intruders and invaders must be undertaken. If needed, self sacrifice must be considered necessary. His country is considered as a homeland and deserves his love and care.

6) Other Nations

Other countries are considered as human allies. This should be the main rule between all nations. It is clear from the scientific points of view that the human race is identical in its real depth. The DNA is the same; all other organs are the same. The other artificial signs such as color, skeleton shape, language, etc, are for the enriching of life.

﴿ يَٰٓأَيُّهَا ٱلنَّاسُ إِنَّا خَلَقۡنَٰكُم مِّن ذَكَرٖ وَأُنثَىٰ وَجَعَلۡنَٰكُمۡ شُعُوبٗا وَقَبَآئِلَ لِتَعَارَفُوٓاْۚ إِنَّ أَكۡرَمَكُمۡ
عِندَ ٱللَّهِ أَتۡقَىٰكُمۡۚ إِنَّ ٱللَّهَ عَلِيمٌ خَبِيرٞ ١٣ ﴾

Chapter Hugurat

[13]- O humankind! We created you from a single (pair) of a male and a female, and made you into nations and tribes, you may know each other (not that you may despise each other). Verily the most honored of you in the sight of GOD is (he who is) the most righteous of you. And GOD has full Knowledge and is well-acquainted (with all things).

Nature And Environment

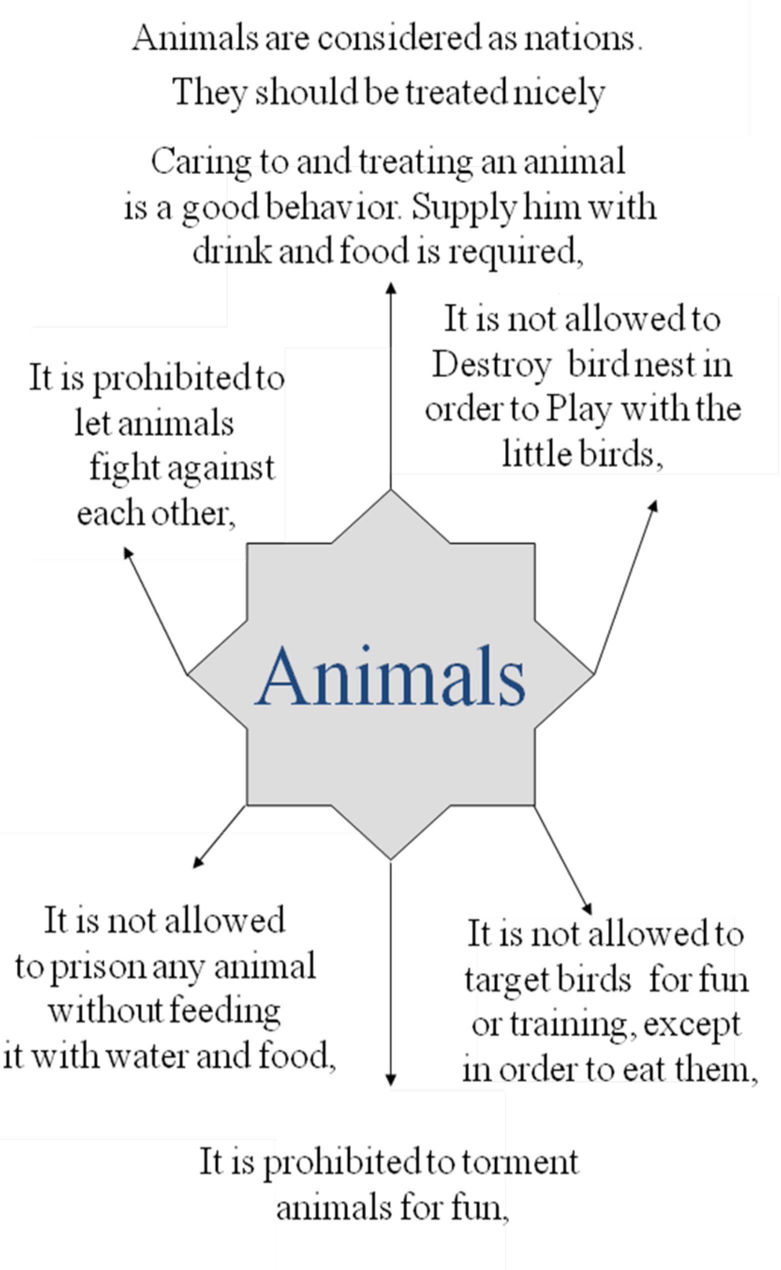
Nature and environment should be treated as a living creature. The advice ordained by Muhammad's teaching may be summarized as follows:

1. Not to discard waste on roads and pavements where people are walking,
2. Respect the shadow spots, where people may walk or setting. Not to defecate or urinate in such spots. If the law prohibit leaving dog's excrement on the walk way, the same is valid for people.
3. Not to destroy any species, other species are considered as nations. All trials made to destroy such species, turnout to be a complete failure. The wanted solution has created a bigger problem. Nature is balanced, and natural enemies among such species are controlling life.
4. Not to spread pollution on earth or in the sea [9]
5. Not to cut trees or to kill animals except for good reasons.

7) Animals

Animals are considered as nations. They should be treated nicely. Muhammad’s teaching has a lot about such consideration:

1. Caring for and treating an animal is good behavior. Supply him with drink and food as required,
2. It is prohibited to let animals fight against each other for fun and gambling,
3. It is not allowed to imprison any animal without feeding it with water and food,
4. It is prohibited to torment animals for fun,
5. It is not allowed to target birds for fun or training, except in order to eat them. Hunting animals for feeding is allowed
6. It is not allowed to destroy a bird’s nest in order to play with the little birds.


Animals are considered as nations.
They should be treated nicely
Caring to and treating an animal is a good behavior. Supply him with drink and food is required,
It is not allowed to Destroy bird nest in order to Play with the little birds,
It is prohibited to let animals fight against each other,
Animals
It is not allowed to prison any animal without feeding it with water and food,
It is not allowed to target birds for fun or training, except in order to eat them,
It is prohibited to torment animals for fun,

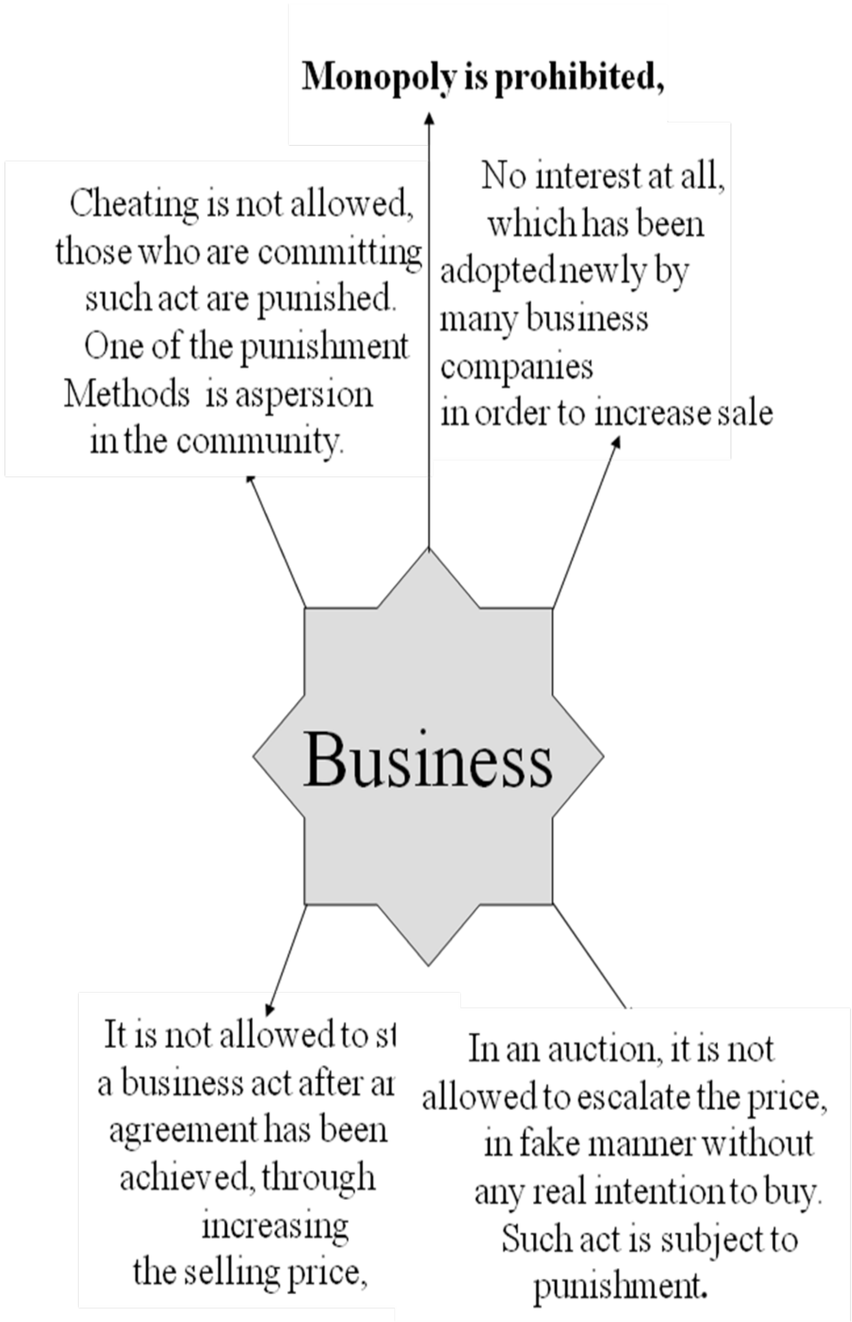
Business

In the business domain, Muhammad's teaching main guidance rules have been ordained and the controlling inspectors are GOD, who is in the conscious of man at all times. A semi-official organization called "AL-Hesba," who is inspecting the business domain, market, and money market at all times. They are an advisory committee and a step before the governmental body. On top of that the governmental bodies. The regulations are so many; however, some will be displayed here:

1. Monopoly is prohibited,
2. Cheating is not allowed, those who are committing such acts are punished. One of the punishment methods is aspersion in the community,
3. Interest is prohibited, however sharing in the business is allowed. Interest free sales, which has been adopted newly by many business companies in order to increase sales [10] are considered,
4. It is not allowed to stop a business act after an agreement has been achieved by increasing the selling price.
5. In an auction, it is not allowed to escalate the price in a fake manner without any real intention to buy. Such act is subject to punishment.
6. All deals must be written and with authentication. (282 chapter BAKARA), [O you who believe! When you deal with each other, in transactions involving future obligations in a fixed period of time, reduce them to writing let a scribe write down faithfully as

between the parties; let not the scribe refuse to write: as GOD has taught him, so let him write. Let him who incurs the liability dictate, but let him fear his Lord GOD, and not diminish aught of what he owes. If the party liable is mentally deficient, or weak or unable himself to dictate, let his guardian dictate faithfully. And get two witnesses],

7. Gold and Silver are the money. This golden rule has been changed in the beginning of the twentieth century to the paper money. People have suffered from Wall Street manipulation of dollar value. The very simple fact that a scale should be fixed and not varied has been over jumped and no one objected the act until the European community invented the Euro. The Euro is a way to escape from Wall Street. In spite of the manipulation done in the 80's to show that Gold and Silver prices may vary, history tells us that Gold and Silver are the authenticated money,
8. There are a lot of rules and guidance in the Muhammad’s teachings.


Monopoly is prohibited,
Cheating is not allowed, those who are committing such act are punished. One of the punishment Methods is aspersion in the community.
No interest at all, which has been adopted newly by many business companies in order to increase sale
Business
It is not allowed to st a business act after ar agreement has been achieved, through increasing the selling price,
In an auction, it is not allowed to escalate the price, in fake manner without any real intention to buy. Such act is subject to punishment.


Gold and Silver are the money
Business
All deals must be written and with authentication

Inheritance Rules

There is no rule for inheritance in the western culture. In general, owners of large industries and multi national companies give the whole inheritance for the elder son. This rule has been used in order to keep the name of the family as high as possible. Such act for elder sun or daughter creates a real war among the family members. History is full of horrible stories of killing and hatred actions between the family members. However, many write a will to give his entire inheritance to his dog or cat. No one can reject such will. Muhammad's teaching however, gives a very comprehensive rule for the inheritance distribution among the whole family. These rules are coherent with other regulation ordained by Islam. The details needs a full book in order to shed light on its regulation, however just to give a hint, full computer packages have been developed in order to calculate an inheritance distribution among a family [11].

It is a very famous issue, to critic Muhammad's teaching rule to give the women half what has been given to man. However, the complete story is:

1) A rule is better than NO RULE, the judge may cancel unfair well and restore the inheritance law,
2) Men, brothers, husbands, or uncles are fully responsible for the woman if she is in need. The man should pay here dowry as a

marriage gift. He is also responsible alone for furnishing the home and for living expenses!!
3) There many situations where women inherent as man.

Muhammad's Teaching For Law And Criminal Rules

There are a lot to say about the Muhammad's teaching in law, criminal rule, and juristic concepts. In this book, one basic concept will be highlighted. The judge is entitled to judge any act if he considers such act as a crime. It is not necessarily to have a written law in order to consider an act a crime. This concept gives the judge superiority under the Islamic law in comparison to others under western Law. This has been a real problem for many types of criminal acts. To mention some, in the new electronic transaction and Internet Virtual World. The judge is convinced that an action is a crime; however, there is no available law to describe the crime and define a punishment for it. Lawyers can simply manipulate and paralyze the judge, and let the criminal go free depending on such situations.

The criminal rules have been tailored from the creator; it is the manufacturer manual, so to say. A punishment in the view of Muhammad's teaching is deterrent. If the punishment is an enjoyment for the criminal person, then it is not any more a punishment. Muhammad's teaching hates prison. Putting a person in prison behind bars means that the community has punished many other

people, who have nothing to do with the crime. The Muhammad’s teaching punishment is immediate and affects the criminal only. For example, many punishments are by plastering the criminal in front of people. The plastering in itself is not outrageous or sever, however it touches his dignity in front of others. In all cases, the criminal tried to hide his face during the plastering few minutes. The technique is very will defined. The hand of the banishment executor should be only a 90 degree swing. This means that the pain created is not severe. After the judgment has been executed, he goes back home. His family, wife, and kids are not punished and they enjoy his presence. Also, the community will not pay for his imprison period.

Today’s prison problems has a very clear answer that the system is not working at all. Theft punishment in prison is a complete failure. The criminal hides the money somewhere and puts the burden on the community in order to pay money to accommodate him for years behind bars. Then he comes out of jail and commits yet another crime, however he is now more experienced from other prisoners. The simple person has to join mafia group; other wise he can not survive in the jail community.

Now, after considering all the circumstances, social and practical, cutting the hand of a thief is the final method. Such punishment has very restricted regulations. It is actually intended to fear any person from committing a crime with such a horrible punishment. In the few minutes, after which the judgment has been executed he goes home. His family, wife, and kids are not punished and they enjoy his presence. However, he will not cheat any one again, he his carrying the proof that he cannot

be easily trusted again. He should prove to the community his honesty in years to come. Moreover, he has not been educated from criminal experts. In real life application, such punishment is so effective that just only very few have been executed and punished.

Cemetery Solution

In Muhammad’s teaching the human body is treated as a holy commodity; dead or alive. If someone breaks an arm of a dead body, he will be punished exactly as if he broke an arm of a living human being. This statement has been mentioned intentionally to show how Muhammad’s teaching deals with cemeteries. A piece of land when chosen to be a cemetery may be divided into four zones. Each zone is only used for 10 to 15 years. The next zone is only used for the next 10 to 15 years and so on. In such system, the same zone will be reused after 50 years to 60 years. No buildings are used, no burning, or humiliation of the human body. Regarding the fear of diseases spread through animals like mice, a retaining wall may be build around the cemetery for a depth more than usually dug by such animals.

Annex

[1] (Verse No.79- Chapter No. 4 Nesa) And We have sent thee (Muhammad) as a Messenger to (instruct) mankind. And enough is GOD for a witness.
[2] (verse No.44- Chapter No. 16 Bee) We have sent down unto thee (Muhammad) (also) the Message; that you (Muhammad) may explain clearly to men what is sent for them, and that they may give thought.
[3](Verse No.54- Chapter No. 18 Kahf) we have explained in detail in this Qur-an, for the benefit of mankind, every kind of similitude: but man is, in most things, contentious.
[4] (Verse No.58- Chapter No. 30 room) Verily We have propounded for men, in this Qur-an, every kind of parable: but if thou bring to them any Sign, the Unbelievers are sure to say, "You do nothing but talk vanities."
[5] (Verse No.19- Chapter No. 18 al kahf) Now send you then one of you with this money of yours to the town: let him find out which is the best food (to be had) and bring some to you, that (you may) satisfy your hunger therewith.
[6] (Verse No.16- Chapter No. 69 al nahel) Then to eat (the Bee) of all the produce (of the earth), and find with skill the spacious paths of its Lord: there issues from within their bodies a drink of varying colors, wherein is healing for men: verily in this is a Sign for those who give thought.
[7] (Verse No.15- Chapter No. 67 al mulk) It is He (GOD) Who has made the earth manageable for you, so walk (traverse) you through its tracts and enjoy of the

Sustenance which He furnishes: but unto Him is the Resurrection.
[8] Prophet saying in Bokhary No. 160
[9] (Verse No.41- Chapter No. 30 Room) - Mischief has appeared on land and sea because of (the meed) that the hands of men have earned. That (GOD) may give them a taste of some of their deeds: in order that they may turn back (from Evil),
[10] (Verse No.275- Chapter No. 2 Bakara) Those who devour usury (interest) will not stand except as stands one whom the Evil One by his touch hath driven to madness. That is because they say: "Trade is like usury (interest)," but GOD hath permitted trade and forbidden usury (interest). Those who after receiving direction from their Lord, desist, shall be pardoned for the past; their case is for GOD (to judge); but those who repeat (the offence) are Companions of the Fire; they will abide therein (forever).
[11] (Verse No.7,8,11, and 12 - Chapter No. 4 Nesa)
Verse (7)- From what is left (inheritance) by parents and those nearest related there is a share for men and a share for women, whether the property be small or large, a determinate share.
Verse (8)- But if at the time of division other relatives, or orphans, or poor, are present, feed them out of the (property), and speak to them words of kindness and justice.
Verse (11)- GOD (thus) directs you as regards your children's (inheritance): to the male, a portion equal to that of two females: if only daughters, two or more, their share is two-thirds of the inheritance; if only one, her share is a half. For parents, a sixth share of the inheritance to each, if the deceased left children; if no

children, and the parents are the (only) heirs, the mother has a third; if the deceased left brothers (or sisters) the mother has a sixth. (The distribution in all cases is) after the payment of legacies and debts. You know not whether your parents or your children are nearest to you in benefit. These are settled portions ordained by GOD; and GOD is All-Knowing, All-Wise.

Verse (12)- In what your wives leave, your share is a half, if they leave no child; but if they leave a child, you get a fourth; after payment of legacies and debts. In what you leave, their share is a fourth, if you leave no child; but if you leave a child, they get an eighth; after payment of legacies and debts. If the man or woman whose inheritance is in question, has left neither ascendants nor descendants, **but has left a brother or a sister, each one of the two gets a sixth**; but if more than two, they share in a third; after payment of legacies and debts; so that no loss is caused (to anyone). Thus is it ordained by GOD and GOD is All-Knowing, Most Forbearing.

About the Author

Professor Dr. SOFRATA is a university professor in UCLA USA, TU Berlin Germany, KSU Saudi Arabia, and KACST Saudi Arabia; to mention some.
He is active in Islamic studies, publishing many articles in Islamic magazines and Journals. He is authoring books for children Arabic language education. He writes as well plays and documentary TV episodes. Energy and Computer science are his major academic specialties.
Professor Sofrata lived in Germany, USA, and visited for long period England, Denmark, and Sweden. His interest in the life of the Prophet Muhammad's life inspired him to write this book in order to tell the west about the gains and benefits, if the west adopts the Muhammad's way of life, leave aside belief or faith at the moment.
We hope this book introduces a guide for those who seek a better way of life. If you have any questions or comments, please do not hesitate in E-mail to him.
sofratah@yahoo.com